

No 62

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On

Sick Head-ache

By

Ellis Malone

of North Carolina

November

1825

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Sick Head ache

An attack of this disease for the most ^{part} does not come on suddenly, but is preceded by certain premonitory symptoms, and amongst these, not the least common are, colic of the feet, with symptoms of dyspepsia, as costiveness, sour eructations, flatulence & languor, sense of oppression about the pit of the stomach, dimness of sight, loss of memory and in a later stage of the complaint, we have sickness of stomach, with confusion and pain in the head, which is sometimes very severe. In some cases about this time, a slight degree of reaction takes place, which is indicated by activity of pulse, hot dry skin, with other symptoms of fever. The sickness of stomach sometimes terminates in vomiting. The matter thrown up, is sometimes bile, but more frequently the contents of

18th Dec 1841

The object of this paper is to
show the progress of the
science of the human mind
and the state of the
human mind in the
present day. It is a
subject of great interest
and importance, and
one which has of late
years attracted much
of the public attention.
The science of the human
mind is a branch of
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the Stomach, mixed with more or less
 phlegm. The vomiting almost always affords
 partial relief, and the patient for the most
 part falls to sleep. When he awakes he has
 a dull, distressing, and painful, sensation
 in the head, with confusion of ideas, and a
 sensation of fatigue and heaviness. Restlessness,
 anxiety and irritability, are attendant upon
 this disease. The patient ^{is} being fretful and
 peevish. The eyes are very sensible to light.
 The duration of this species of ~~head~~ ache
 differs in different persons, in some it sub-
 sides in two or three hours; in others, lasting
 twenty four or longer, and with a violence
 scarcely to be endured, the smallest light or
 noise rendering the pain intolerable. In young
 persons ^{persons} the paroxysm goes off soon; but after the
 disease has been a companion for years, it
 is of longer duration and the system becomes extremely

debilitated. Its returns are Very irregular, occurring every two or three weeks in some, and in others there being longer intervals. Those who use but little exercise, and pay but little attention to their Diet, are afflicted most severely with this disease.

Predisposing Causes.

These are Various. Every thing that increases the System will predispose to the disease, and amongst these we may reckon the Various species of intemperance as the most common. The effects of ardent Spirits upon the Constitution are too familiar to need comment. That they predispose to the disease under consideration, is ^{admitted} undeniably. And I may add that it is more frequently the Case in dram-drinkers. If a man has been in the habit of using this baneful Stimulus, for a considerable length of time, and then leaves it off, he will almost certainly be troubled more

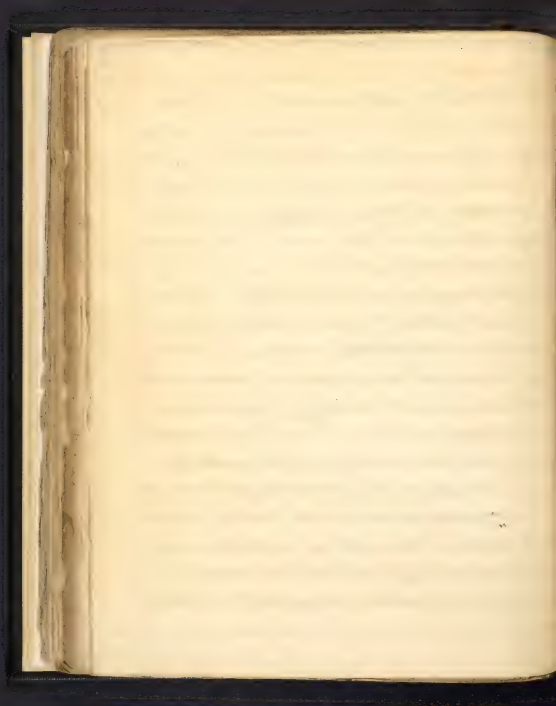
Or less with this disease. There are many people
in this our day who are not termed Drunkards (nor
is it known that they drink more than a draught or
two in a day,) who are in the habit of drinking
enough of the inebriating draught to render them
themselves subject to this disease, and it is amongst
them that this disease more extensively prevails.

But the species of intemperance which is most apt
to induce this disease, with its train of evils is
Surfeiting. And I may here remark, that nothing
more frequently induces it, than immoderate eating.

We cannot but remark that the stomach is not
more frequently disordered than it is, when we consider
the manner in which most people live, the delicacy of
its surface, and that every thing taken in for our
support and nourishment, must come in direct con-
tact with, and be acted upon by that organ.
Why one person can surfeit with impunity during
a long life whilst, another apparently as robust as

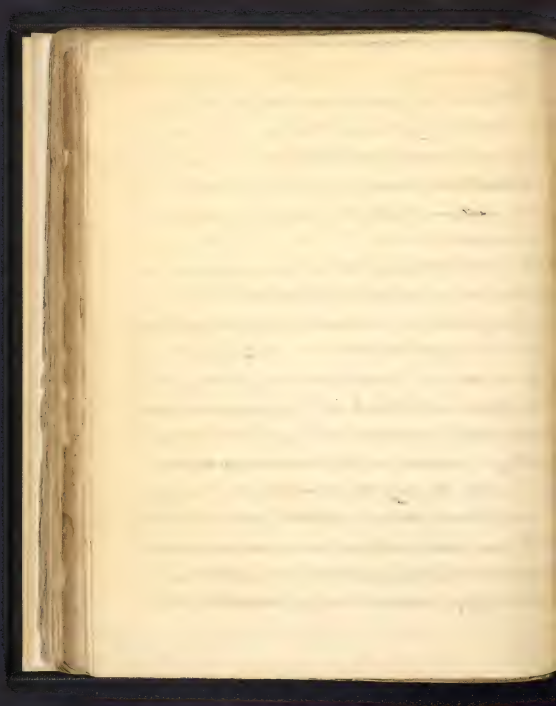
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he, would seek understanding cannot tell, but that it is
the case, long experience and observations has irreversibly
proven. If we overload the stomach it either rejects
it at once, or endeavours to perform the hard duty
imposed upon it. It may ultimately succeed, though
every such exertion tends infallibly to debilitate that
organ and increase the disease in question. The
inevitable consequence of such surfeiting, is that di-
gestion is disturbed, the organ is unduly taxed to
overaction, and ultimately incurs a loss of tone
by the occasional derangement of its functions and
the production of the distressing sympathetic pain
in the head. The effects of such eating, will often
be seen the next day. Though it more frequently re-
quires a succession of such surfeiting to produce the
disease in question. In persons who have thus there is
a herpetic irritation kept up in the alimentary
canal from the ill digested food. This irritation will
in long produce functional derangement and ultimately



Structural disorganisations. And from the strong sympathy existing between the Stomach and head we may very satisfactorily account for the severe pains in the head latter part. Being surely sympathetic and always attendant upon the derangement of the alimentary Canal.

As another species of intemperance we may mention the intemperate use of Tobacco. Though this article is extensively used, yet it is productive of much mischief, and is universally admitted to be a very frequent cause of the disease. How it produces this effect is perfectly intelligible to all. It is partly by its narcotic effect and partly by the excessive flow of Saliva it occasions acting as a drain from the Constitution, and consequently diverting the fluids from the Stomach. Every one knows the use of the Saliva in digestion. It mingles with the food and renders it more easily digested. From these facts it is reasonable to infer that the long continued use of this article will

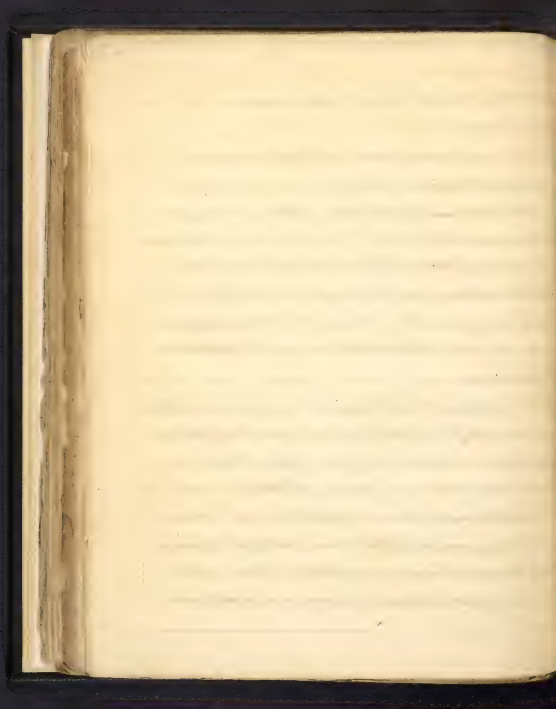


debilitate the stomach and its appendages.

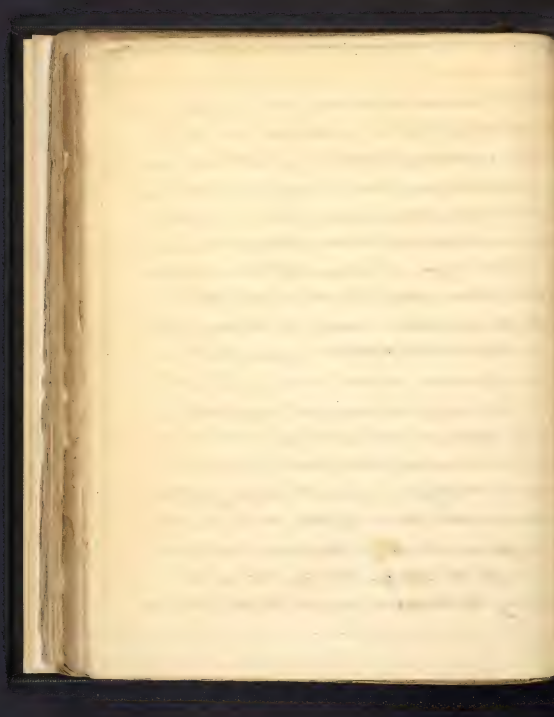
Studious Habits.

This is a very frequent Cause of the disease under Consideration. We seldom see the Studious and literary habits continued in long at a time, without producing the high headache in those who follow them. How the modern the disease every ~~where~~ one knows who ^{is} acquainted with the influence of the mind over the body. It may be owing also in a measure to the want of exercise and conspiracy of the Viscera, consequent upon studious habits.

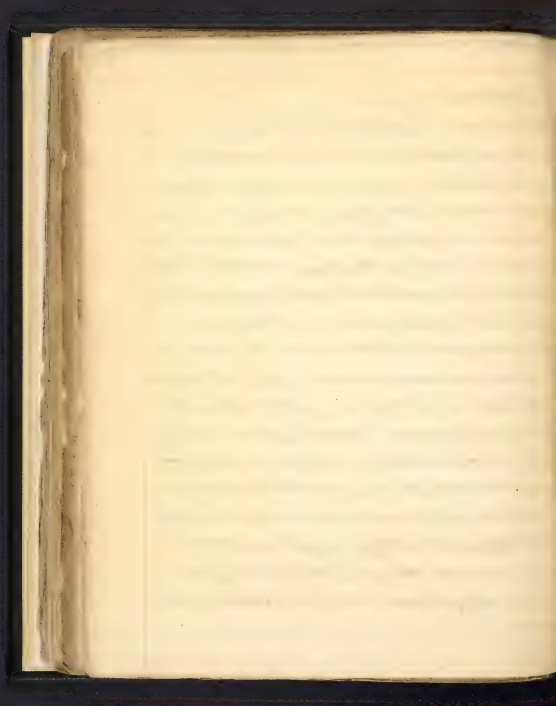
Mental Agitation. The effect of fear, grief, anxiety, and all strong mental emotions upon the Cerebrovascular apparatus, is a subject of every day's observation. And if these causes are slowly applied, is it not reasonable to infer, that at length they will induce similar derangement of the above mentioned organs. From the well known sympathy between the stomach and brain, we may reasonably infer



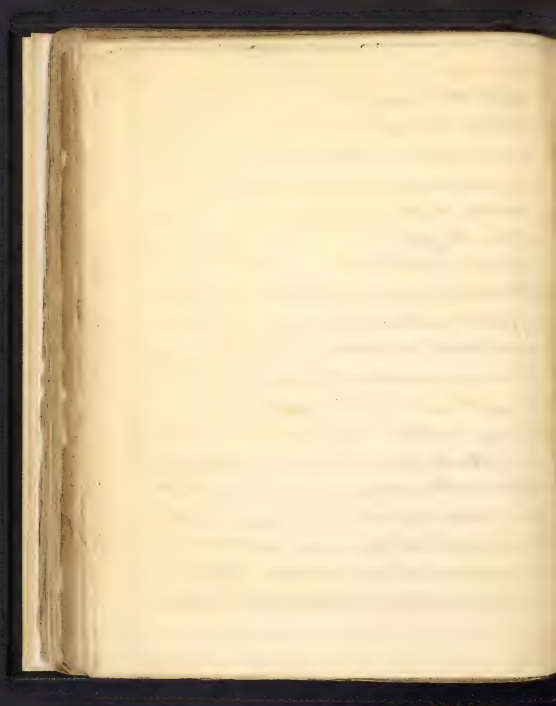
that if immoderate mental emotions are carried on
 or the mind kept in a harassed and anxious
 state, a portion of vital energy will be abstracted
 from that organ. And as a consequence the stomach
 is disturbed in its functions. As an example of
 this we need only refer to those studious Literati, whose
 digestive organs are always torpid in proportion
 to the exertion of their mental faculties. It is too
 often the case, that a variety of stimulating materials
 are applied to the debilitated organs, which will
 certainly produce morbid irritation and excitement.
 The more closely we examine the play of the passions
 in their effect upon the mental fabric, the more shall
 we be convinced of their power to produce disorder
 in the digestive organs. The keeping of late
 hours is another cause of this disease, and should
 be regarded as such by those persons who wish
 to escape this malady. Also lying late in the
 morning. As the sleep is unrefreshing and does not refresh



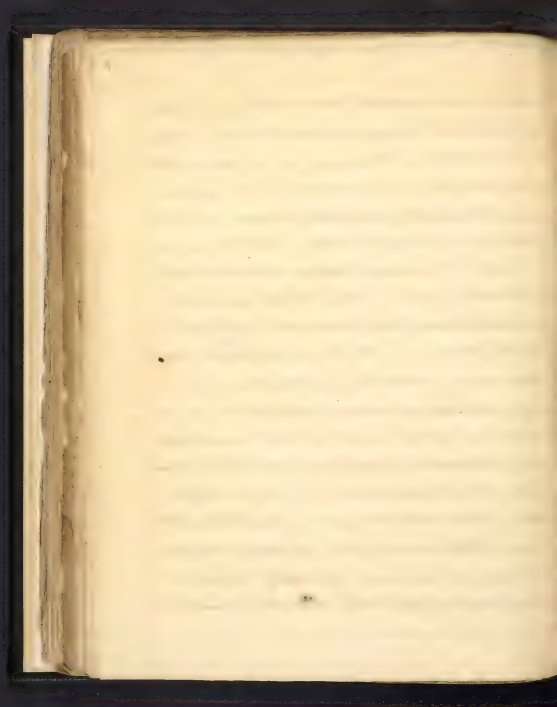
but debilitate the system
 Stimulate. This as an ^{indisposing} Cause of Sick head ache should
 not be overlooked. That this will debilitate the di-
 -gestive apparatus is a fact universally admitted, and
 therefore needs no further comment. I might enumerate
 many more predisposing Causes of this disease, but
 the narrow limits of this essay will not permit
 I trust I have mentioned the most important and
 those most frequently producing the disease.
 The exciting Causes of this disease are numerous
 such as Vicissitudes of weather, going to bed with
 cold feet, loss of sleep, eating late supper. This
 last is very frequently productive of an attack of
 Sick head ache, which is felt next morning ^{upon} ~~when~~
 rising. The want of any accustomed stimulus,
 as Spirits, Coffee, tea, Tobacco, or the stimulus of
 food. Many other things might excite this
 disease into action. Many of the predisposing Causes
 act as exciting Causes also. I shall ~~therefore~~ Content



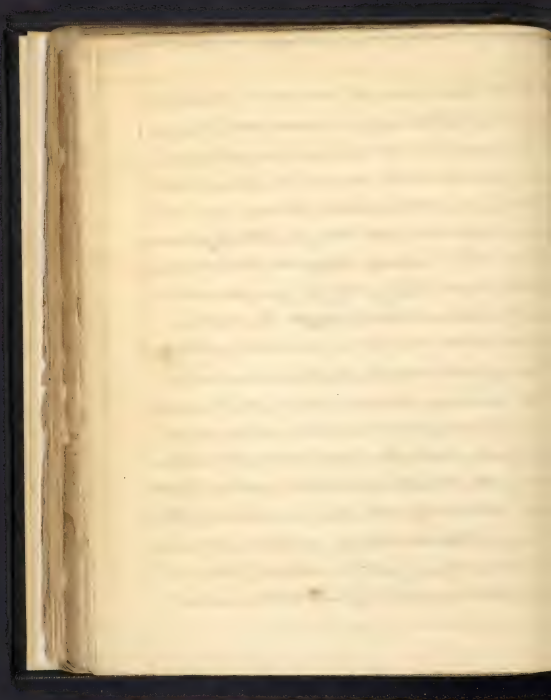
myself with having mentioned the most frequent.
 Pathology. As regards the pathology of this disease
 it can be stated in a very few words. Every thing
 connected with the disease goes to show that it
 undoubtedly has its seat cast throw in the stomach.
 We have always before our attack the symptoms of
 indigestion, as costiveness, sour eructation, flatulence
 And if the cause of these ~~and~~ be removed the disease
 will disappear. The severe pain in the head
 is symptomatic and ceases when the cause is removed.
 This disease does not exist long before it produces
 derangement in the functions of the Liver, from
 the strong sympathy existing between these two organs.
 Lamentable. The means of cure must be perseveringly
 applied, as the disease goes on slowly. It is the
 after the case that persons labouring under this
 disease, takes up the erroneous idea that it is in-
 curable and will not submit to a proper course
 for their recovery. But if proper attention be given



to diet, exercise and the occasional use of Medicine, they will seldom be disappointed. It requires a longer time in some than in others owing to the violence of the disease, the duration before medical aid is applied for, and the attention paid to the advice and directions of the Physician. From what has been said it is reasonable to conclude that an emetic should be the first thing given, as of all others it has the most direct and powerfull action upon the stomach, moving as it always does ^{its} foul contents, raising it to invigorated action and emptying the ^{ingest.} highly ducts. It should be given as soon as one perceives the attack. and its operation promoted by copious draughts of some warm liquid as Camomile tea. If there is high action of the arterial system, blood should be drawn. After the emetic has operated we should give a dose of Laudanum sufficiently large to ensure sound sleep. When the patient awakes, he

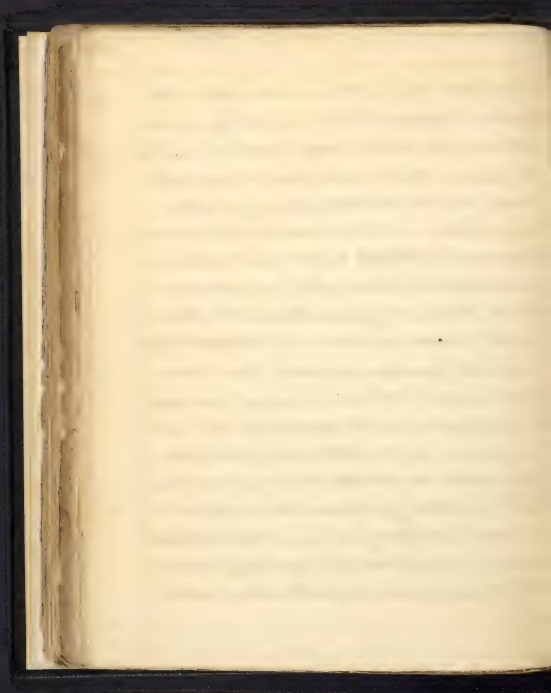


Should have a dose of Calomel, to which a few
 grains of Opium may be added with advantage.
 In some cases the Semicupium might be of
 Service. This is the course to be pursued in the
 paroxysm of this disease. We come now to the
 more important part, that of establishing a radical
 Cure. It is necessary to pay the strictest attention
 to the bowels, keeping them always open with some
 gentle laxative, as Rhubarb, ^{magnesia} ~~Mag.~~ &c. In Southern
 Climate, there is sometimes a accumulation of bile in a
 torpor of the Stomach which occasions ^{the Stomach} sickness
 with a dull, heavy sensation in the head. In such
 Cases, the Super. Carb. Soda or Pot, or the preparation
 of Elix. of ashes has a very good effect, Stim-
 ulating the Stomach to renewed action, But the
 relief obtained by these measures, is only tem-
 porary. The most speedy and permanent relief
 is obtained by a gentle emetic of Ipecac. It
 causes the Stomach to invigorate action, and enable,

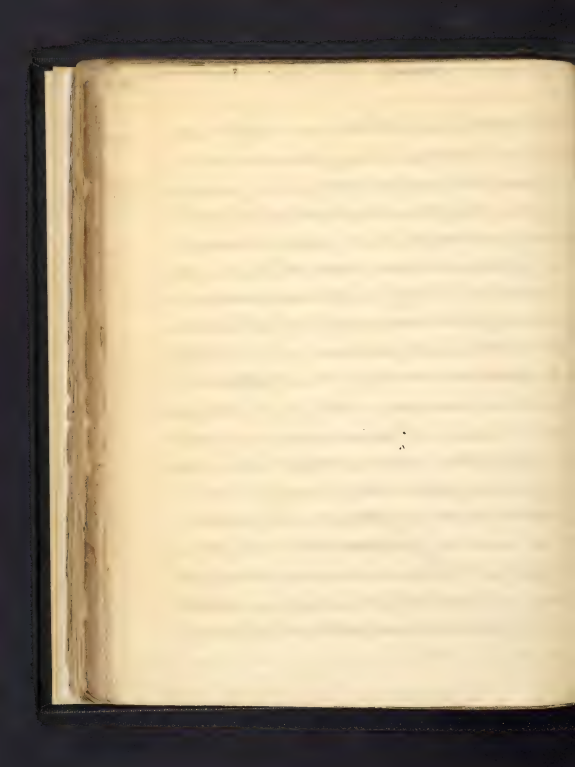


it to perform its functions much better. This should in all cases be corrected by a gentle Cathartic. This point being settled we commence with medicines which restore permanent tone to the Stomach and bowels. And ~~very~~ amongst these Carb. of Iron is not the least conspicuous in this disease. It should be given in small doses in combination with various other tonic medicines, as Columbo, Guttan, orange peel, Rhubarb &c. The occasional presence of acid in the Stomach should be corrected by mag. sub. Carb. Pot & Soda.

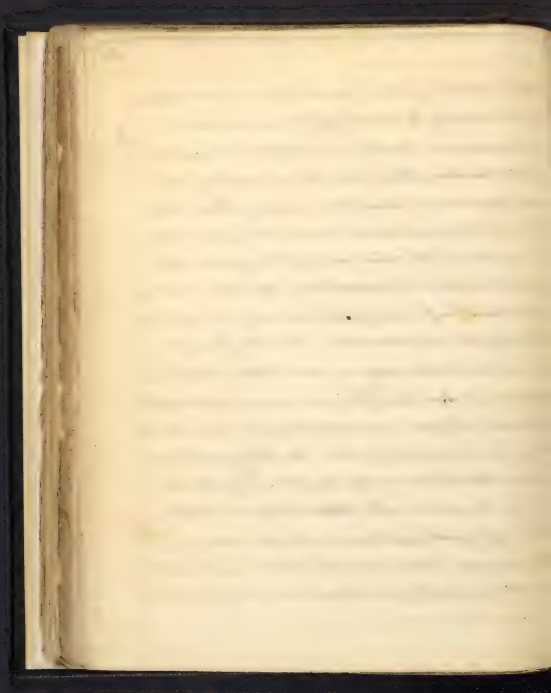
Fowler's mineral solution in doses of 10 or 12 drops has been given in this disease with advantage. We come now to the dietetic part of the treatment upon which we should place the greatest reliance ^{the cure of} in this very distressing disease. When we take in to consideration the delicacy of a debilitated Stomach, we must be confident that any thing that disagrees with it must produce a very pernicious effect



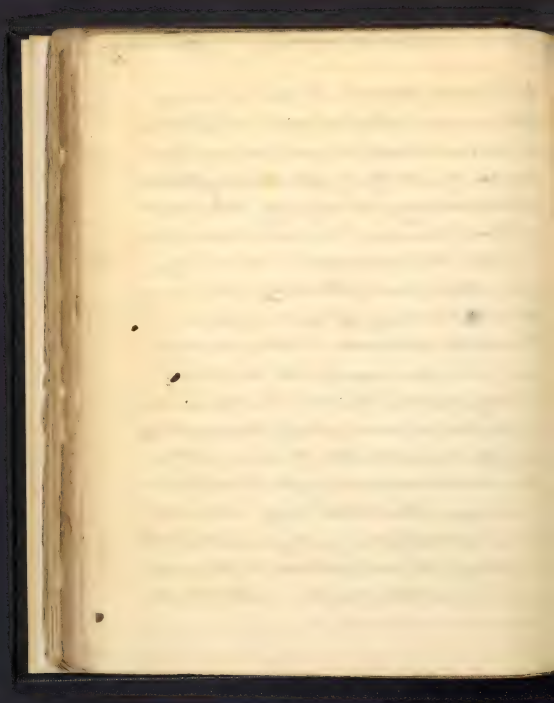
upon that organ. In this case acting as an
 intrinsic substance, increasing the irritation and con-
 -sequently the activity of the digestive organs. The
 patient himself can best tell what will agree
 or disagree with him and should act accordingly
 eating nothing but those articles which agree with
 his stomach. So long as the patient indulges in the
 pleasures of the table, so long may he expect to
 be troubled with this disease. He must therefore
 lay them aside and avoid too and ~~pleasure~~ parties
 as there is a more than ordinary agree of temptations
 at these places. He should confine himself to
 a simple plain diet, and that of those articles
 most easily digested. The bread of such
 patients should be light and airy, as it is found
 to be more easily digested than when otherwise
 prepared. If he uses wheat bread it should
 always be old. Corn bread is very difficult
 of digestion to a weak stomach, particularly



When warm, as it is generally ate to the South.
 Should acidity prevail tight bread should be
 laid aside and crakers substituted. As regards
 meats the mild is better than the domestic being more
 easily digested, and should be used by the invalid
 When practicable. Venison is one of easiest articles
 of digestion in the whole animal kingdom and
 should therefore be unobscured in the case under con-
 sideration. Beef is admissible and may be used with
 impunity, if in moderation. Corn beef is also
 admissible. Mutton may be the patients standard
 dish, as it has been ^{found} to agree well with weak
 stomachs. Cyters are admissible, and some think
 they even promote digestion. One thing is certain, we
 know them to be easily digested. They should
 always be eaten with ~~the~~ biscuit or crackers.
 It is of great importance to persons labouring with
 this disease to have all their meals well cooked
 and tender as they are much more easily digested



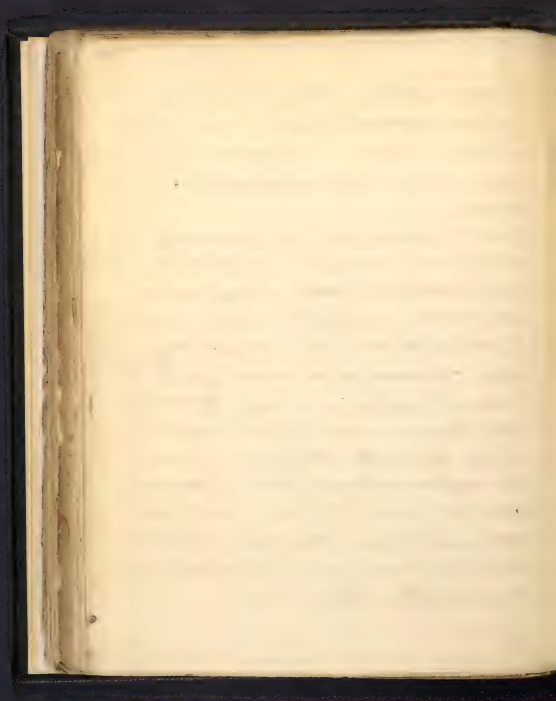
by a weak Stomach. In this as in every other disease, simplicity of diet is of infinite importance, and should be rigidly enforced. Weak Stomachs cannot digest a combination of articles, without disturbing the tranquillity, which is of importance to preserve. The patient should confine himself to those articles which he can bear longest upon without lining. Slow eating in this as in every ^{this} disease is certainly of great consequence to the invalid. By this means the salivary and gastric liquors mix more equally with the food, thus promoting digestion. The food is also better masticated and the Stomach more gradually distended. Consequently it is not so liable to become overloaded. The invalid should never suffer himself to become very hungry. The Stomach being like a school boy if not employed always doing mischief. It is certainly of great importance to the invalid not to overload the Stomach as ~~the~~ it has been



shewn that this alone is a frequent cause of
 the disease under consideration. The patient therefore
 should eat often and small quantities at a time. He
 should always cease eating before he feels adense
 of distention. Soups of all kinds are injurious
 and offensive to a weak stomach and should therefore
 be avoided. Tea and Coffee are not proper for
 persons with a weak stomach. They are by many
 thought to act as a predisposing cause of this disease.
 In place of them milk should be used. Though
 it may not agree well at first yet it will
 soon come to agree very well. The way ^{which} in milk
 is most useful is with lime water in equal
 quantities. The patient should drink of this
 often in the day. To this alone some have
 ascribed their cure. That it should be serviceable
 none can doubt. Butter is injurious to most weak
 stomachs and should be avoided. Though some
 think fresh butter may be used with impunity

As regards drink, cold water is certainly preferable to ~~all others~~. The patient should drink ^{a little} as possible at table as it stimulates the gastric signs and consequently improves digestion, Exercise.

This is not only serviceable in this, but in many other Chronic Diseases. The mode which has been found most salutary is riding on horseback, and when practicable should be used. Its good effects are probably owing to the agitation & ~~production~~ ^{stimulation} of the internal organs, ^{which} produces. Long Journeys are preferable to riding about home, on account of the continual change of air upon the system. If possible some object or business should be had in view, as it renders the exercise much more salutary. The use of the flesh brush would also be of some service. It would increase the good effect of exercise.



The passions should be carefully kept under.
 as it has been shown that they induce
 the disease in question. If they are suffered
 to play we need not expect a cure of
 this disease. The patient should be regular
 in his habits and temperate in his
 conduct. He should retire early as it has
 been seen ^{that} late hours predispose to this
 disease. He should also rise early, never
 indulging in the unsound sleep of the
 morning. It only debilitates the system
 instead of refreshing it. If convenient
 he should warm ^{up} his feet when
 going to bed, as lying down with cold
 feet sometimes brings on an attack of
 sick head ache. The patient should be
 well to wear a flannel night cap.

On rising every morning he should wash
 well the surface of his body with a

Stowel not with cold water. The
Good effect of Cold bathing upon
the Constitution is too familiar with every
one to need any comment. This point
then should never be neglected where
it can be done with propriety.

to be of great use with the water. The
same effect of water falling upon
the surface is the same as with any
in a very dry country. The same
the water runs in the same way
it is to be seen with the water.